



HEALTHWORKS
FITNESS
A SERVICE OF SHARE FOUNDATION

Welcome

THE FOLLOWING HAVE BEEN ESTABLISHED TO HELP PROVIDE A SAFE, WELL-MAINTAINED, AND COMFORTABLE ENVIRONMENT AT HFC.

- All members and guests must check-in at the front desk. Guests are asked to complete a waiver form.
- Fees are not discounted or waived without a pass or prior approval from the Director or Manager.
- An adult (18+) must sign a waiver form for guests under the age of 18. This same adult must stay on the premises during underage guest visit.
- Members ages 15 and older are allowed to be here without adult supervision.
- Guests must be 18+ to be here without adult supervision. Guests under the age of 18 must be accompanied by an adult (18+). Any guest under the age of 18 found to be unaccompanied by an adult at any time will be asked to leave the facility.
- Children ages 14 and under are not to be left on the premises without adult supervision at any time.
- Children ages 7 and under are not allowed on the fitness floor at any time.
- Children ages 8-14 are allowed to use cardio equipment under the direct supervision of an adult (18+).
- Children ages 13-14 may participate in group exercise classes or utilize equipment with an adult (18+). Ages 15 and up may participate without adult supervision.
- Appropriate athletic wear and athletic shoes should be worn when working out on the 2nd and 3rd floors. Flip flops, sandals, slides, dress shoes, or aqua shoes are not permitted on the fitness floor.
- Proper swim attire made from polyester, nylon, spandex, or other chlorine-resistant material is required in the pool. No street clothes are allowed in the pool.
- Children 8 and under must be accompanied by an adult (18+) at all times while in the pool area.
- Children 9-14 must pass a swim test to be in the pool area unsupervised.
- No outside toys or flotation devices are allowed.
- All children not potty-trained are required to wear a swim diaper under their bathing suit.
- Adult Swim is Monday-Friday 5:00 AM-Noon (No children under age 15 years).
- NO SMOKING is allowed on the HFC Campus. This includes vapors and e-cigarettes.

*****Please be courteous when using cell phones*****